


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I 3:00pm For the Fun of Fit 6:00pm Neighbourhood Time	<b>2</b> 9:30am Neighbourhood Time 11:00am For the Fun of Fit 2:00pm Tai Chi with Dan - FC 2:15pm Games with Janet -TH	<b>3</b> 11:00am Fit to Function with Dan - FC 2:30pm Smile Cookie Workshop-CK 2:30pm Java Music Club with Janet 3:30pm You & I 6:00pm Neighbourhood Time	<b>4</b> <b>8:30am Men's Breakfast - CC</b> 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out 3:00pm In the Kitchen 6:00pm Neighbourhood Time	<b>5</b> <b>2:00pm Pub with Carla Gonzalez - MS</b> 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
<b>6</b> <b>Mental Health Awareness Week</b> 1:30pm You and I 2:30pm Church Service with Janet - CH 3:00pm Apple Cider Social 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	<b>7</b> 9:30am Neighbourhood Time 10:30am Intergenerational Jamboree Music Therapy - TH 11:00am Soothing Sensations 2:00pm Stepping Out 2:00pm Bingo - CC 3:30pm Musical Moments	<b>8</b> 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I <b>2:00pm Jean's Floral Arranging Workshop-CC</b> 3:00pm For the Fun of Fit 6:00pm Neighbourhood Time	<b>9</b> 9:30am Neighbourhood Time 11:00am For the Fun of Fit 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 2:30pm Movie with Janet: "Now Voyager" -TH 3:00pm Christmas Bazaar Crafts & Preserves - CC 3:30pm Brains and Banter	<b>10</b> <b>8:00am Outing to Broadway Diner</b> 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 3:15pm Resident's Council-CC 6:00pm Neighbourhood Time <b>7:15pm Harlequin Singers of Hamilton-TS</b>	<b>11</b> 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out 2:15pm Music Therapy with Jen 3:00pm In the Kitchen 6:00pm Neighbourhood Time	<b>12</b> <b>10:30am Swoop Skydiving Presentation-TH</b> <b>2:00pm Entertainment with Florin Clonta in Stonechurch</b> 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
<b>13</b> 10:00am Church Service with Ankit - CH 1:30pm You and I 2:30pm Church Service with Janet - CH 3:00pm Specialty Coffee and Cookies 3:15pm Fellowship - CC <b>5:00pm Thanksgiving Dinner</b> 6:00pm Neighbourhood Time	<b>14</b> <b>Happy Thanksgiving!</b> 9:30am Neighbourhood Time 11:00am Soothing Sensations <b>2:00pm Travelling Apple Pie Ice Cream Cart</b> 2:00pm Stepping Out 3:30pm Musical Moments	<b>15</b> 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I 3:00pm For the Fun of Fit 6:00pm Neighbourhood Time	<b>16</b> 9:30am Neighbourhood Time 10:30am Roman Catholic Mass - CH 11:00am For the Fun of Fit <b>2-4pm Harvest Happenings with Triple C Farms!</b>	<b>17</b> 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 6:00pm Neighbourhood Time	<b>18</b> <b>National Chocolate Cupcake Day!</b> 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out <b>2:00pm Outing to Dollarama</b> 3:00pm In the Kitchen 6:00pm Neighbourhood Time	<b>19</b> <b>2:00pm Entertainment with Paula French in Carrington</b> 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
<b>20</b> 10:00am Church Service with Ankit - CH 1:30pm You and I 2:30pm Church Service - CH 3:00pm Apple Cider Social 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	<b>21</b> <b>National Apple Day</b> 9:30am Neighbourhood Time 10:30am Intergenerational Jamboree Music Therapy - TH 11:00am Soothing Sensations 2:00pm Bingo - CC 2:30pm Guess The Flavour: Apple Edition 3:30pm Musical Moments	<b>22</b> 9:30am For the Soul with Janet <b>10:00am Country Drive</b> 11:00am Stay Strong - FC 1:30pm You and I 3:00pm For the Fun of Fit 6:00pm Neighbourhood Time	<b>23</b> 9:30am Neighbourhood Time <b>10:00am Entertainment with Joyful Brass (Salvation Army Band) - TH</b> 11:00am For the Fun of Fit 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 3:00pm Christmas Bazaar Crafts & Preserves - CC 3:30pm Brains and Banter	<b>24</b> 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends <b>5:00pm KFC Diners Club-MS</b>	<b>25</b> <b>World Pasta Day!</b> 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out <b>2:00pm Birthday Bash - CC</b> 2:15pm Music Therapy with Jen 3:00pm In the Kitchen 6:00pm Neighbourhood Time	<b>26</b> <b>10:00am Halloween Howl</b> 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
<b>27</b> 10:00am Church Service with Ankit - CH 1:30pm You and I 2:30pm Church Service with Janet - CH 3:00pm Specialty Coffee and Cookies 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	<b>28</b> 9:30am Neighbourhood Time 10:30am Intergenerational Jamboree Music Therapy - TH 11:00am Soothing Sensations 2:00pm Stepping Out 2:00pm Bingo - CC <b>2:30pm Mindful Minutes with Nicole-TH</b> 3:30pm Musical Moments 	<b>29</b> 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I <b>2:30pm Ontario Guitar Performance-TH</b> 6:00pm Neighbourhood Time	<b>30</b> 9:30am Neighbourhood Time <b>11:00am Celebration of Life-TH</b> 11:00am For the Fun of Fit 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC <b>2:30 Armchair Travel-TH</b> 3:00pm Christmas Bazaar Crafts & Preserves - CC 3:30pm Brains and Banter	<b>31</b> 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 6:00pm Neighbourhood Time 6:15pm Bingo in the CC 